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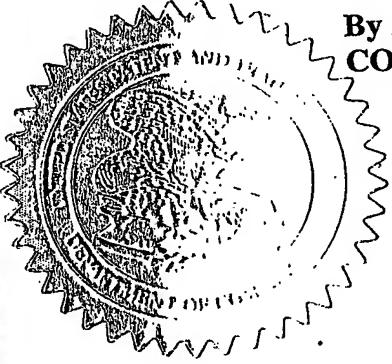
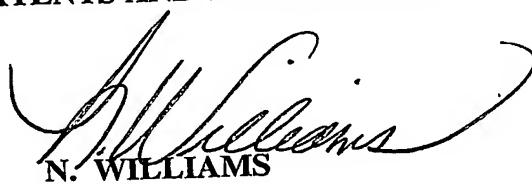
APPLICATION NUMBER: 60/456,859

FILING DATE: March 24, 2003

RELATED PCT APPLICATION NUMBER: PCT/US04/08770

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PROVISIONAL APPLICATION FOR PATENT COVER SHEET

This is a request for filing a PROVISIONAL APPLICATION FOR PATENT under 37 CFR 1.53(e).

A/2201

Express Mail Label No.

INVENTOR(S)

Given Name (first and middle [if any])	Family Name or Surname	Residence (City and either State or Foreign Country)
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Additional inventors are being named on the _____ separately numbered sheets attached hereto

TITLE OF THE INVENTION (500 characters max)

Power Struts

Direct all correspondence to:

CORRESPONDENCE ADDRESS

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Type Customer Number here						
OR						
<input checked="" type="checkbox"/> Firm or Individual Name	Stephen Brian Finch					
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ENCLOSED APPLICATION PARTS (check all that apply)

<input checked="" type="checkbox"/> Specification Number of Pages	1	<input type="checkbox"/> CD(s), Number	
<input checked="" type="checkbox"/> Drawing(s) Number of Sheets	8	<input checked="" type="checkbox"/> Other (specify)	Laser Photos, 8 sheets
<input type="checkbox"/> Application Data Sheet. See 37 CFR 1.76			

METHOD OF PAYMENT OF FILING FEES FOR THIS PROVISIONAL APPLICATION FOR PATENT

- Applicant claims small entity status. See 37 CFR 1.27.
- A check or money order is enclosed to cover the filing fees
- The Commissioner is hereby authorized to charge filing fees or credit any overpayment to Deposit Account Number: _____
- Payment by credit card. Form PTO-2038 is attached.

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- No.
- Yes, the name of the U.S. Government agency and the Government contract number are: _____

Respectfully submitted,

SIGNATURE

TYPED or PRINTED NAME Stephen Brian Finch

TELEPHONE (219) 885-2448

Date 03/19/2003

REGISTRATION NO.
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USE ONLY FOR FILING A PROVISIONAL APPLICATION FOR PATENT

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Power Struts

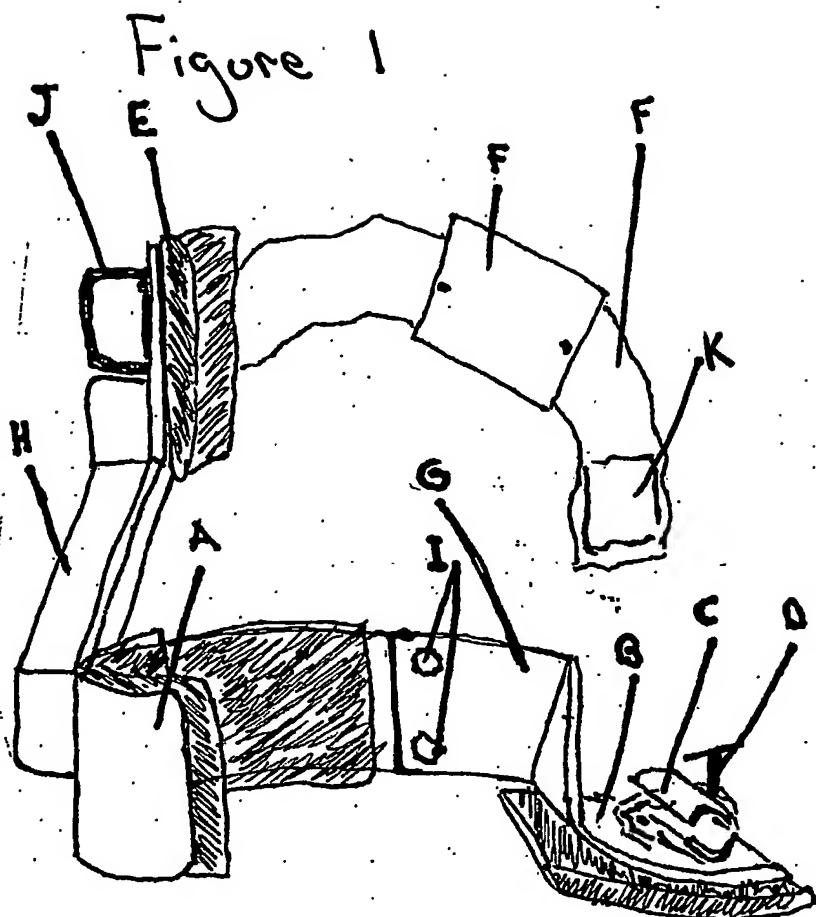
Provisional Specification

The Power Struts are exercise fitness devices designed to help increase running speed and running power. The Power Struts comes in two separate units. One unit for the right foot and one opposite unit for the left foot. The main function of the Power Strut is to safely and securely hold a convention free weight dumbbell with your foot while doing certain leg exercises.

Each Power Strut unit is approximately 14 inches long at full extension, 13 inches in height, and 4 inches wide. The components of the Power Struts are the back heel brace with safety padding (fig.1 A), The weight bed with safety padding (fig.1 B), the hinged weight clamp (fig.1 C) and locking screw (fig.1 D), the calf brace and padding (fig.1 E), the support strap with safety padding (fig.1 F), the adjustable side plates with padding (fig 1 G), and the back plate (fig.1 H). The side plates of the Power Struts can be shortened or extended with two bolts (fig. 1 I), and wing nuts (fig.3 A), to compensate for different sizes of feet. A D ring (fig.1 J) is installed on the back of the calf brace. The support strap is wrapped around the user's calf, fed through the D ring, then tighten back on itself over the calf, fastening itself with velcro (fig.1 K) on the end of the strap.

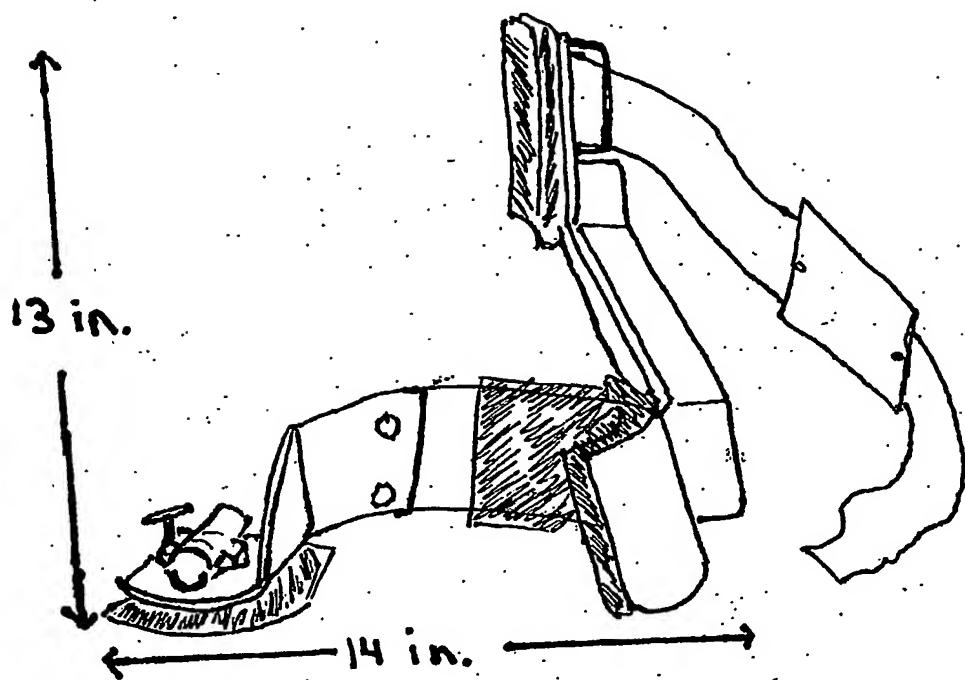
In operation, the weight bed and padding of the Power Strut is placed on the top on the users shoed foot. The users heel is pushed firmly back into the heel brace and padding of the Power Strut. The support strap is then applied as described above. The handle part of a conventional dumbbell free weight is then put evenly in the hinged weight clamp and tightened back down using the locking screw. The user is then able to safely do some isometric and stationary exercises for the legs using conventional free weights. The Power struts were not designed to walk or run while in use.

The Power struts are constructed of 3/16 inch molded steel for the main frame, foam rubber and vinyl for the safety padding, and vinyl webbing for the support strap.



Right side view of right Foot
Unit

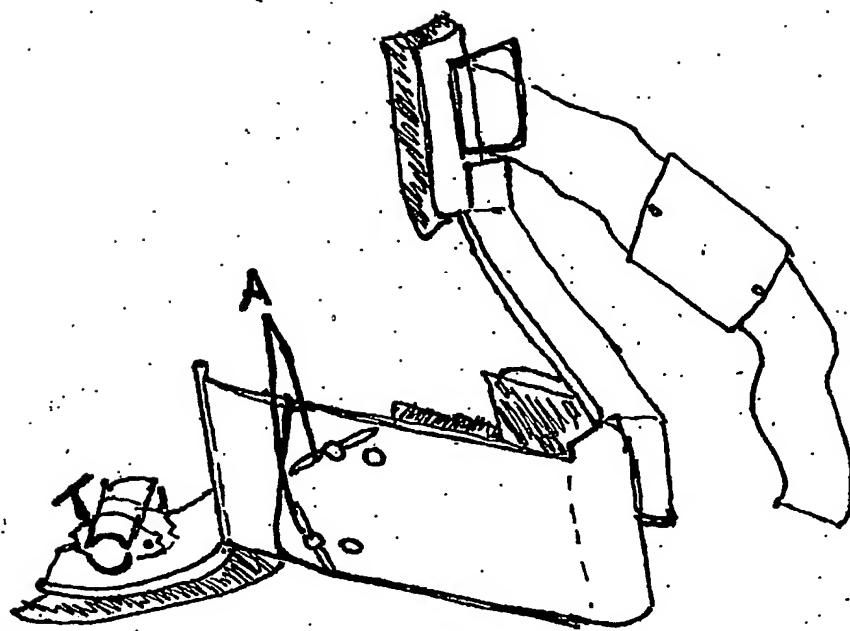
Figure 2



Left side view of Left
foot unit

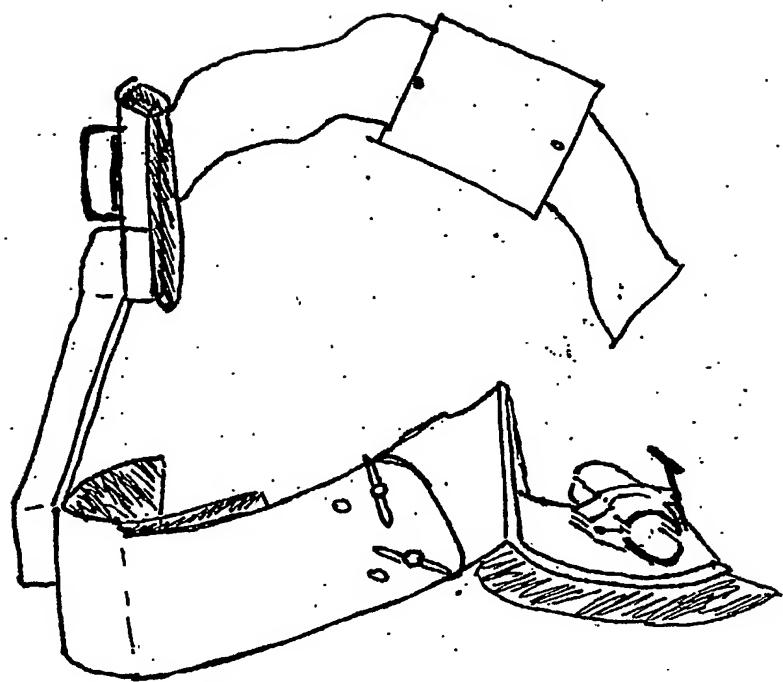
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Figure 3



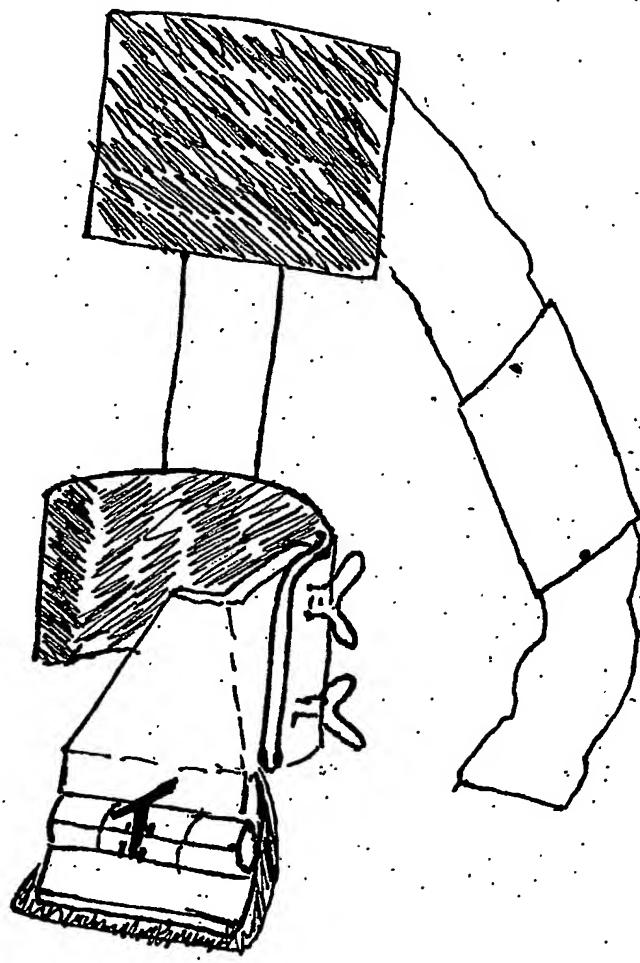
Left side view of Right
foot unit

Figure 4



Right side view of Left
foot unit.

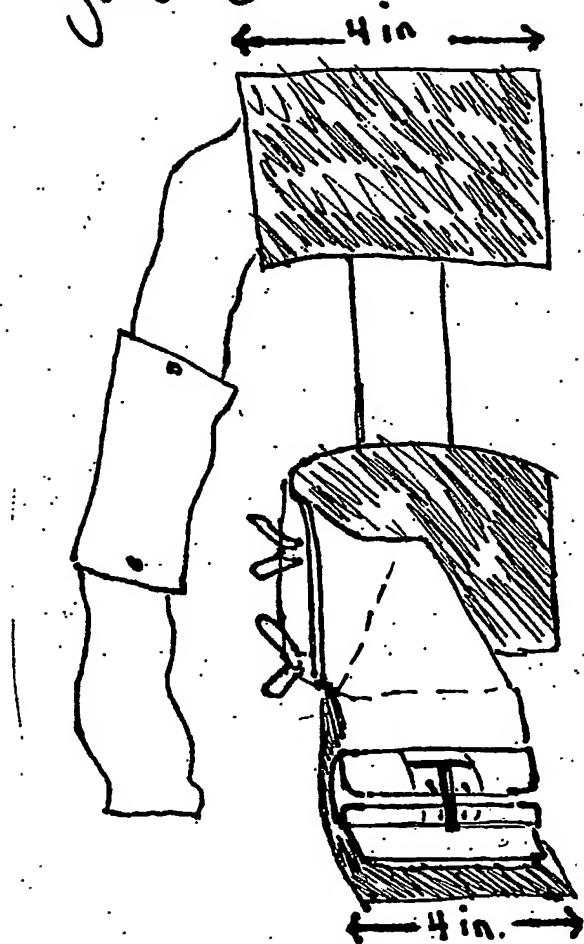
Figure 5



Front view of Right foot
unit

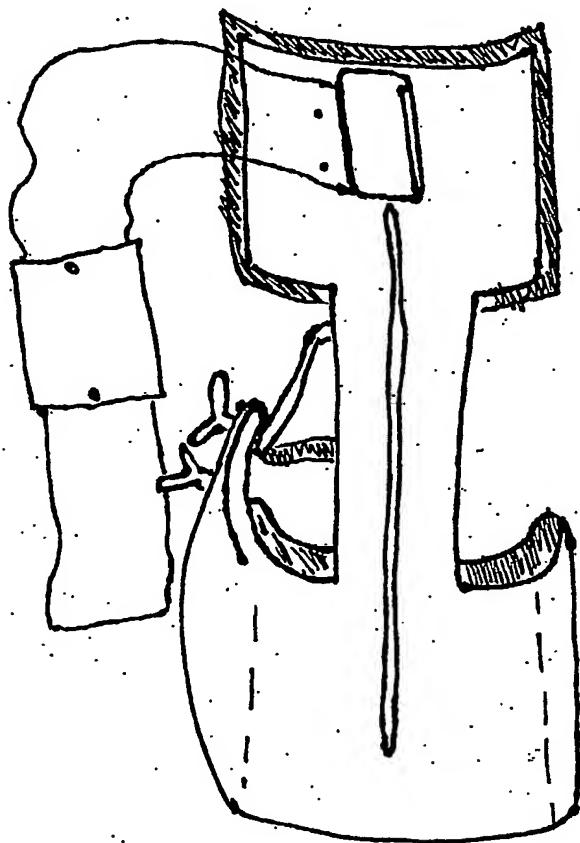
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Figure 6



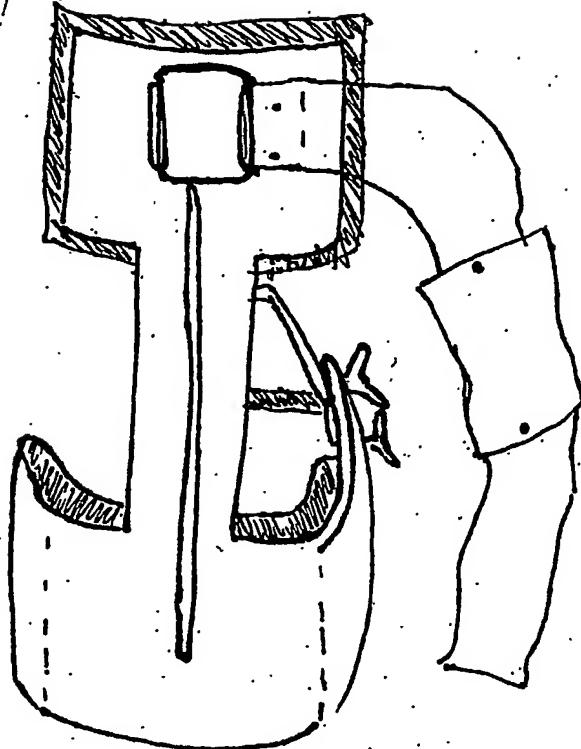
Front view of Left foot
unit

Figure 7



Back view of Right foot
unit

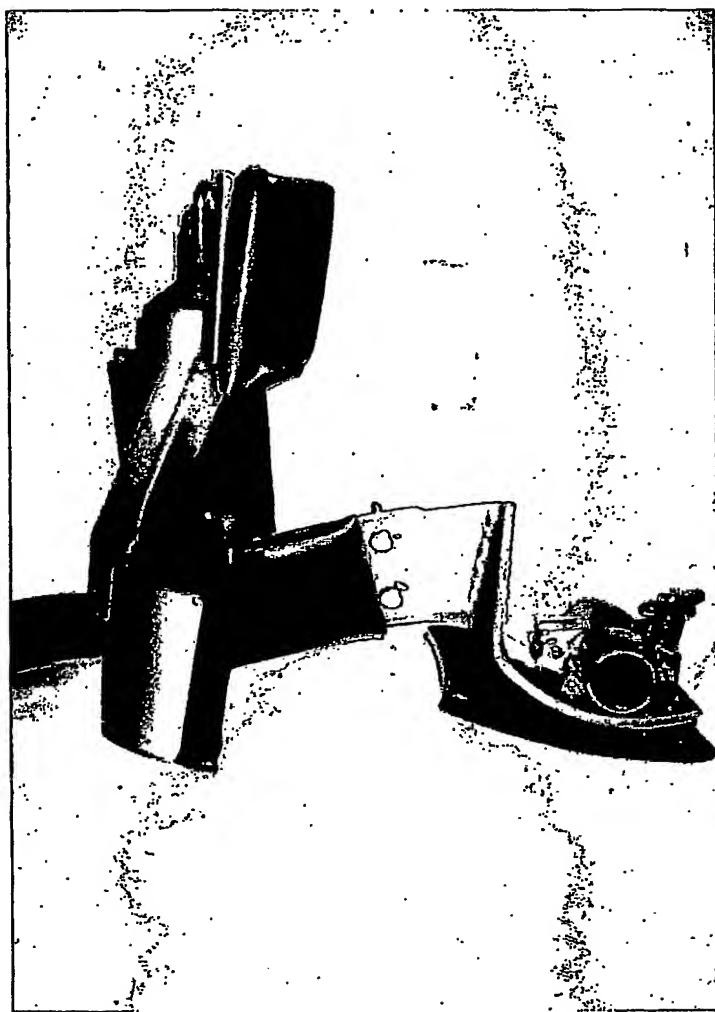
Figure 8



Back view of Left Foot
Unit

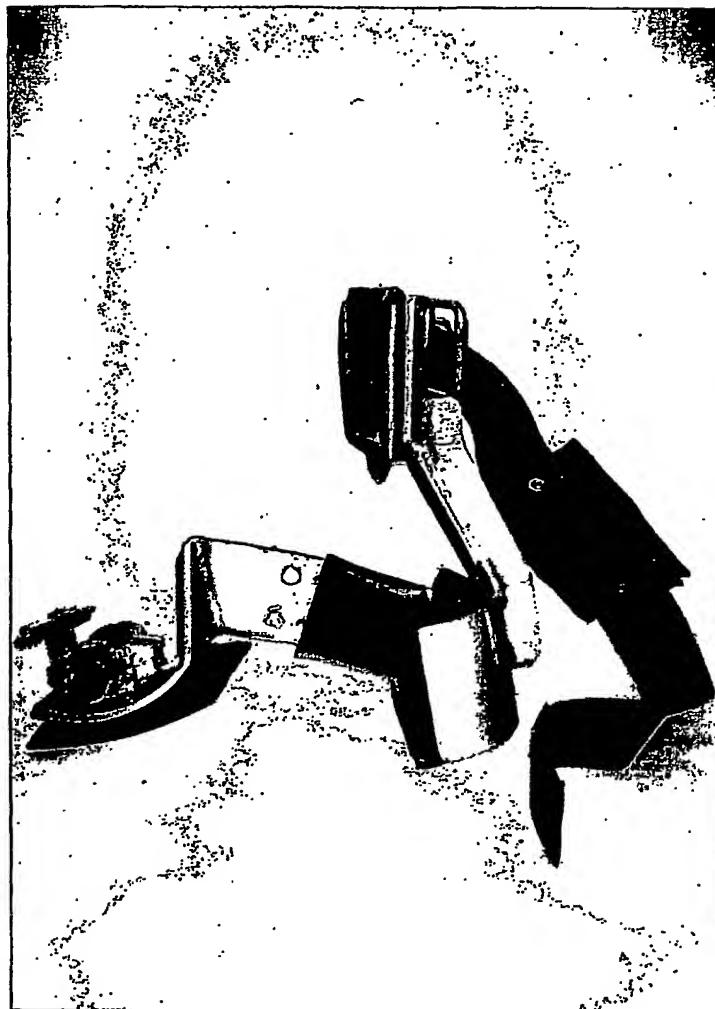
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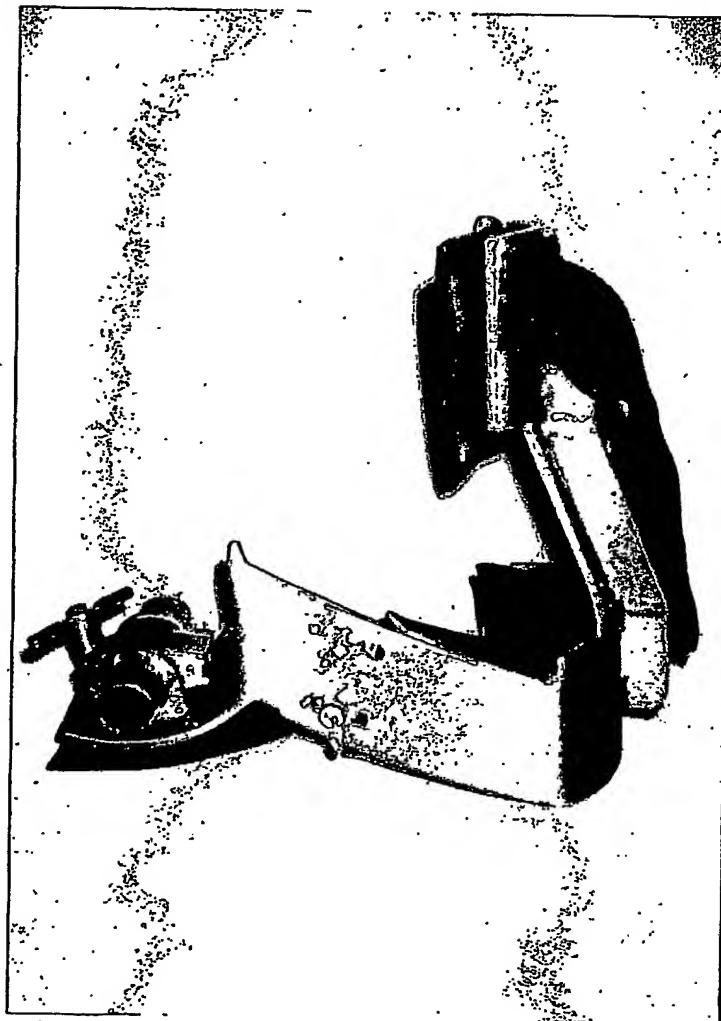
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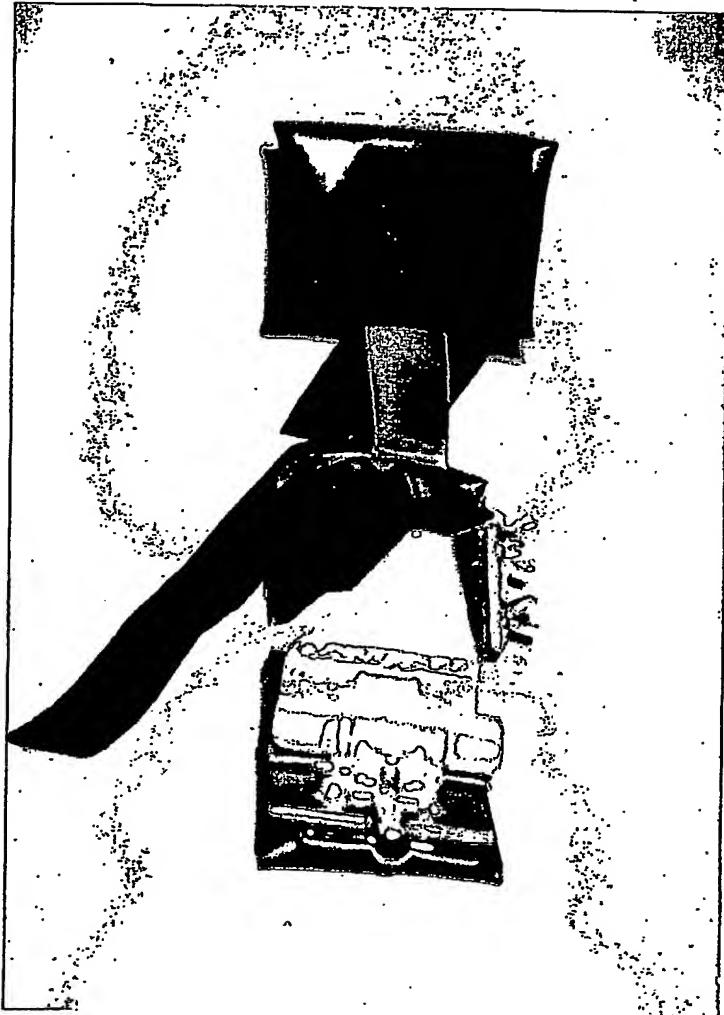
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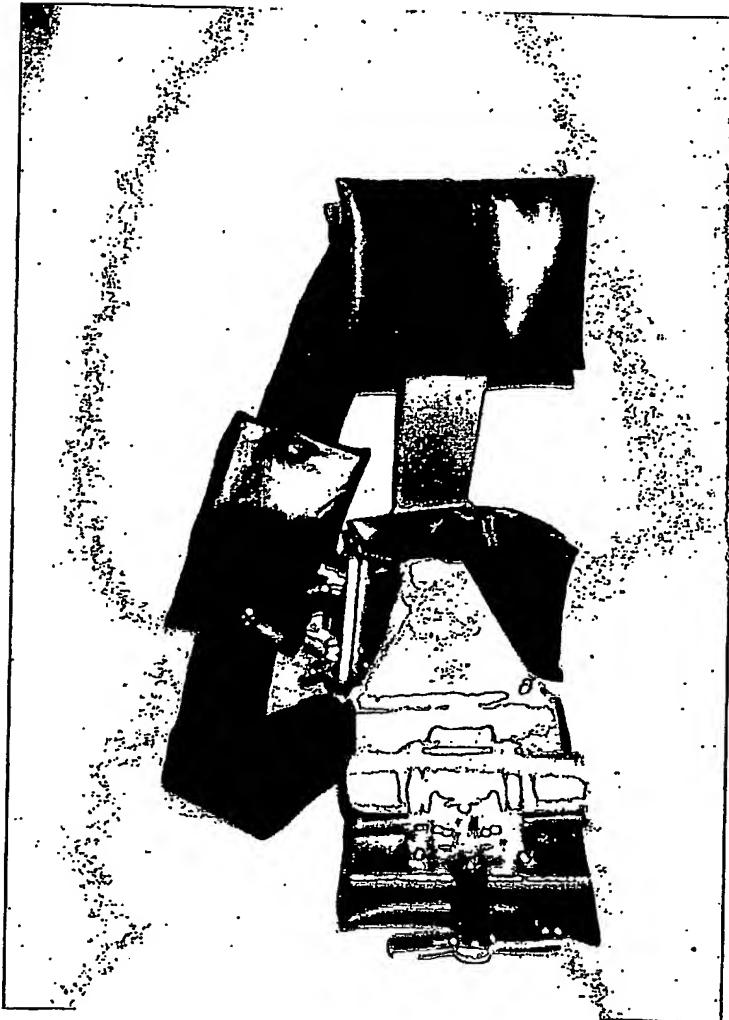
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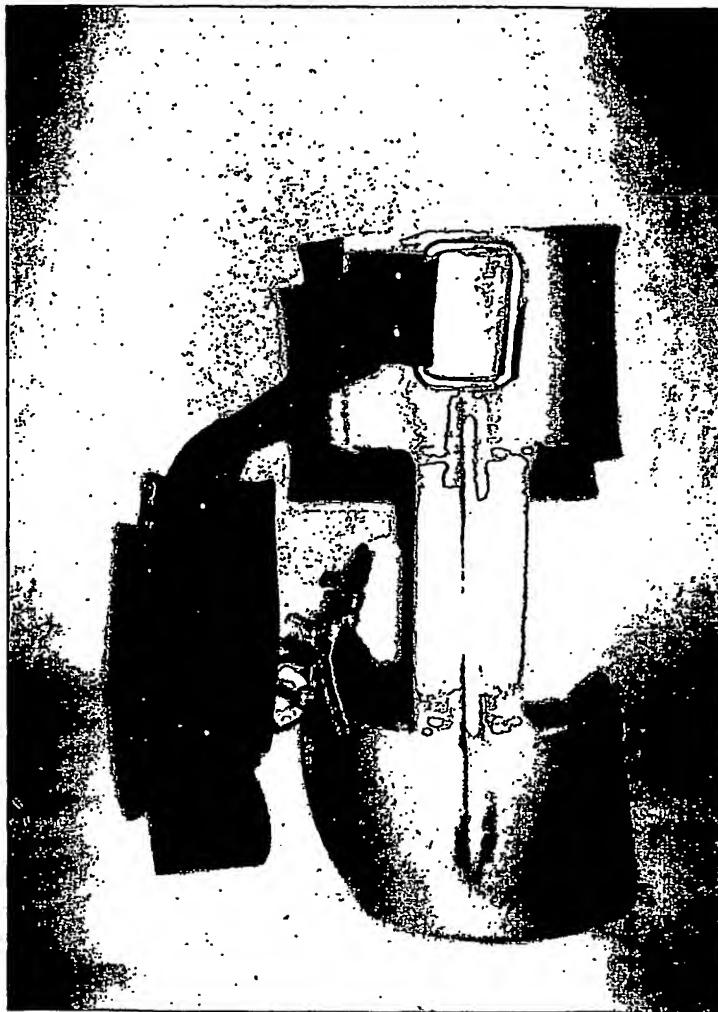
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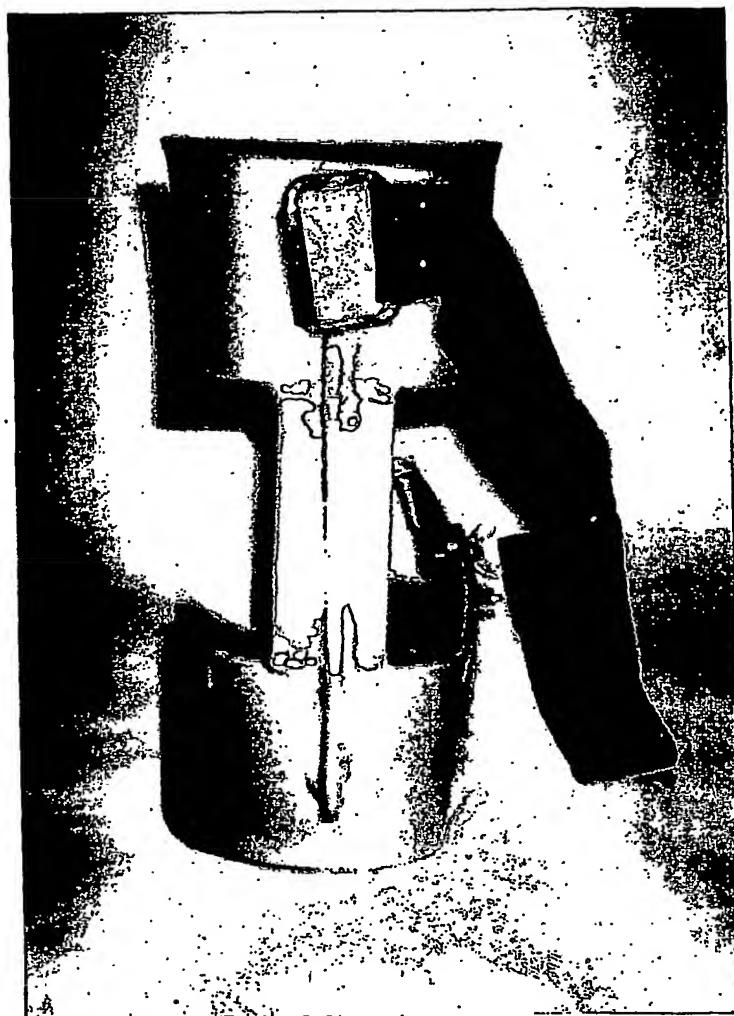
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